

MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 7-10

(The guidelines below are recommended ranges. Always follow the instructions of the child's dietitian for specific guidelines to meet the child's nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child's diet, please consult with the child's allergist or dietitian.)

| FOOD GROUPS Serving Amount Needed per day | EXAMPLES & SERVING SIZES |
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| Breads, Grains, & Cereals 5 – 6 of these choices | <p>Chose whole grains or products made from the following:</p> <p>Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff, If allowed: barley, corn, oats, rice, rye</p> <p>Bread, tortilla, roll, muffin, pancake, waffle – 1 Dry cereal – 1 cup Noodles, cooked cereal– ½ cup Crackers – 6 small</p> |
| Proteins 2 – 3 of these choices | <p><i>Animal protein (if allowed):</i> Meat, chicken, turkey – 2 ounces (4 rounded Tablespoons or rounded ¼ cup)</p> <p><i>Vegetable protein:</i> Cooked beans, peas, lentils (if allowed) – ½ cup Seed butter – 2 Tablespoons</p> <p><i>Elemental formula:</i> Elecare Jr, Neocate Junior, – 1 cup</p> |
| Milk Alternative 3 of these choices | <p>Enriched coconut, hemp, oat, potato & rice mik – 1 cup Elemental formula (Elecare Jr, Neocate Junior)– 1 cup</p> <p>If these are not accepted, a calcium supplement may be recommended.</p> |
| Vegetables 2 – 2 ½ cups | <p>Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato <i>If allowed: beans, corn, peas, potato</i></p> <p>Cooked or raw –½-1 cup</p> <p>Choose a variety of colors each day</p> |
| Fruits 1 ½ – 2 cups | <p>Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums</p> <p>Fresh, frozen or canned – ½-1 cup Juice – limit to ¾ cup per day</p> |
| Oils 4 – 6 teaspoons | <p>Canola, olive, safflower, vegetable</p> |